

08/29/25

Free Talk

Happy belated birthday!!! 迟来的生日快乐! !

Coming-of-age ceremony 成人礼

Full English Breakfast 英式大早餐

Baked beans in tomato sauce 茄汁焗豆

Umami / savory 鲜的 adj.

Sponsor 赞助

Morality 道德

Paperless learning / digital learning 无纸化学习

Homework Analysis - Writing

Summary

During the lesson, the student learned that **The Body Shop** was founded in the UK in 1976 by ~~Anita~~ ^{later} Anita Roddick and ~~has since~~ expanded worldwide, with the first overseas store in Belgium. It is now owned by a ~~Brazilli~~ ^{不用一直提到} Brazilian company. The student discovered ~~that~~ ^{The company} The Body Shop sells cosmetics for both men and women and promotes eco-friendly ideas such as refilling bottles and using natural ingredients. They also learned the company ^{It} avoids ^{responsibility} animal testing, ~~supporting~~ supports farmers, and values social good over profit.

During the lesson, the student
learned that the Body Shop was...

公司名字首字母大写

后面每次提到这个公司也是一样

... was founded in the UK in 1976
by Anita Roddick and has since
expanded worldwide.

since 什么时候呢？没说清楚呀

两种改法：

During the lesson, the student
learned that **The Body Shop** was...

... was founded in the UK in 1976
by Anita Roddick and **later**
expanded worldwide.

① ... and **later** expanded worldwide.

② ... and expanded worldwide **since then**.

<u>The student discovered that The</u>	<u>The company</u> sells cosmetics for
<u>Body Shop</u> sells cosmetics for both	both men and women.
men and women...	

表扬: The Body Shop 首字母大写了!

① Write a summary about what the student learned during their business studies lesson about *The Body Shop*.

题目已经说到主体是“学生”了, 所以不用一直重复或者强调“学生知道/学会/发现.....”

可以多代词 + 直接写他们了解到的内容

② The Body Shop 也会在这篇 summary 中多次提到, 所以可以偶尔用代词替换

They also learned the company	It avoids animal testing, ...
avoids animal testing, ...	

这句话本身有语法错误

① They (主语) also learned (谓语/动词) that the company avoids animal testing (宾语), ...

② 和上面一句话类似, 公司名字用“the company”代替很棒! 也可以用“It”

毕竟 summary 限字数

... values social good over profit.	... values social responsibility over
	profit.

高考 考研

good

/gʊd/ 🔊 🎧

释义 MEANINGS ▾

例证

n

① for the good of sb/sth

(for the benefit of) 为了...好；出于对...的考虑

◆ She resigned for the good of her health. 🔊 ☆
出于对健康的考虑，她辞职了。

it's for your own good

这是为了你好

② (moral goodness) 善；好

◆ the battle between good and evil
🔊 ☆
善恶之争

③ 【经】(commodity) 优良的商品（或服务）

这里的 good 是指“道德”吗？

可以用“social morality”

或者“social responsibility” ➡ 社会责任

拓展：a sense of social responsibility ➡ 社会责任感

Article

8.27

Health and Pressure on Young People

Nowadays, health is a major concern for young people. Some believe it is everyone's responsibility to stay fit and eat well, while others argue that ^{an excessive emphasis} ~~too much~~ on diet and exercise only ^{increases} ~~adds~~ pressure. In my view, health matters, but ~~young~~ young people do face too much pressure to live an ideal, healthy life.

Firstly, one source of pressure comes from the environment around us. Social media, school, family, advertisements, and society all ^{convey} ~~send~~ strong ^{many} ~~many~~ messages about how people should look and live. For example, ~~many~~ fitness influencers promote perfect body shapes that often make young people feel guilty or ~~inadequate~~. This ~~constant~~ constant comparison can create unrealistic body images, which lead not to health, but to stress and anxiety.

Secondly, with too much pressure, young people may not live as their true selves. They are often forced to follow trends, lose their freedom of choice, and even forget their individuality. For instance, when young people ^{imitate} copy fitness bloggers and ^{undertake} push themselves ~~into into~~ intense workouts, it may actually harm their bodies. Such unhealthy imitation shows that pressure does not encourage better lifestyles but ^{instead} ~~instead~~ reduces mental well-being.

To sum up, while staying healthy is important, young people today face too much outside pressure that damages both their body and mind. Unrealistic standards and constant comparison bring stress and insecurity, not real health. A healthier approach is to focus on ^{太抽象了} balance and self-acceptance.

→ ... adopting reasonable habits and accepting one's own limits.

Title

Excellent!!

Introduction

... while others argue that too much on diet and exercise only increases pressure.

① too much 什么 on diet 呢? ➡ 表达不清楚

② too much 显得太口语

... and exercise only adds pressure.

“add”有更高級的词汇替换 ➡ increase ➡ 更符合这篇文章的整体水平

... while others argue that an excessive emphasis on diet and exercise only increases pressure.

... and exercise only increases pressure.

其他写得很不错呢！继续加油～～

Body Paragraph 1

Social media, school, family, advertisements, and society all send strong messages about how people should look and live.

“send strong messages about” ➡ 有点口语化 + 不够精准

For example, mant fitness influencers ...

拼写错误

Social media, school, family, advertisements, and society all promote particular views on how people should look and live.

For example, many fitness influencers ...

Body Paragraph 2

For instance, when young people copy fitness bloggers and undertake intense workouts, ..

For instance, when young people imitate/follow fitness bloggers and undertake intense workouts, ...

“copy” ➡ 学术写作里显得太口语化

同上文 “add” 有更高級的词汇替换 ➡ imitate。follow ➡ 更符合这篇文章的整体水平

For instance, when young people copy fitness bloggers and push themselves into intense workouts, many actually harm their bodies.

For instance, when young people imitate fitness bloggers and undertake intense workouts, many actually harm their bodies.

“push themselves into ...” 不够学术

如果 Forrest 想表达 “强迫”，可以这样写：

“...and force themselves to undertake intense workouts...”

“ when young people imitate/follow fitness bloggers and force themselves undertake intense workouts, many actually harm their bodies.

Conclusion

A healthier approach is to focus on balance and self-acceptance.

A healthier approach is to focus on adopting reasonable habits and accepting one's own limits.

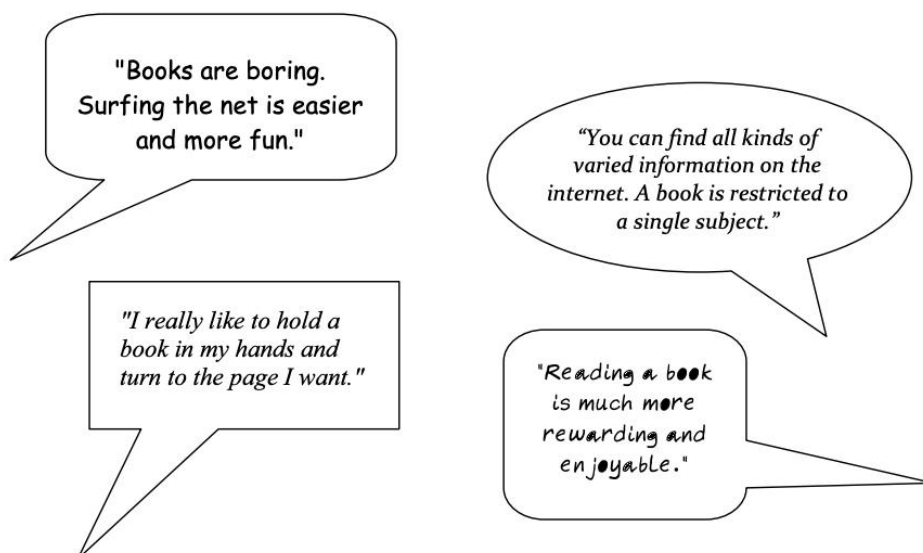
其实不需要写 “a healthier approach” 是什么，因为题目没问你 “解决办法” 是什么呢！

New Writing Task - In-class Practising

Exercise 7

Your Principal has suggested that all books should be removed from the school library and replaced by a larger suite of computers. He has asked for students' opinions to be published in the school magazine.

Here are some comments from your friends on the subject:



Write an article for your school magazine stating your views.

Your article should be between 100 and 150 words long.

The comments above may give you some ideas but you are free to use any ideas of your own.

You will receive up to 5 marks for the content of your article, and up to 5 marks for the style and accuracy of your language.

IDEAS

支持:

① 电脑+网络 ➡ 提供不同领域/科目的知识

② 电脑+网络 ➡ 形式更丰富 (音频、视频...)

不支持:

① 沉浸式感受知识 ➡ unique reading experience

② 保护视力

③ 给学生提供安静的学习环境

反证法：写电脑/网络的缺点

反证法通常只是用来 补充和加强论点，而不是占据一个完整段落！

所以内容不宜多。

顺序：

论点 ➡ 解释 ➡ 例子 ➡ 反证

例：

1. 先提出你的观点 ➡ 阅读书本提供独特的沉浸体验
2. 解释为什么这样 ➡ 翻页时更容易专注和思考
3. 举例支撑 ➡ 很多同学在学习时发现读纸质书比用电脑更有效
4. 最后加反证，简短回应反方观点 ➡ 有人认为网络信息更丰富，但这种过度多样反而让人分心

Introduction:

Nowadays, many schools are debating whether to remove books (+ completely *因为题目说 “all books should be removed”) and use more computers. Supports state that computers are faster and give wider access (注意发音) to knowledge, (+ while) others argue that books provide us (+ with a) better reading experience and (+ greater) focus. ~~I believe that computer is a better for more than education.~~ (➡ I believe that computers provide more benefits

than library. *more than education 代表还有“教育”以外的东西，但是下文没打算说呀！所以不要写）

Body Paragraph 1:

Point: Firstly, computers give us access to wider range of information than books.

Explanation:

A single book usually focuses on (+ only) one subject, while the internet ~~contains~~ (➡ provides) resources on science, history, ~~and~~ art (+ , and many other fields) all in one place. This means students can save time and learn knowledge without borrowing and carrying many books.

Example: （自己组织语言）

学科：科学（science）

书本：只介绍基础概念

网络：有实验步骤、最新研究成果、甚至视频演示

对比：学习更完整、更有趣

Link/point: Therefore, computers helps students research more effectively across multiple subjects.

Body Paragraph 2:

Point: Secondly, computers offers students a richer learning experience.

Explanation: text, audio, video

Example:

Option 1: Macbeth ➡ 看舞台剧 (声音、画面)

Option 2: History class ➡ documentary / interview (声音、画面)

Forrest 课上提到:

Flipping 100 pages X -> search information on computers V

其实这是关于效率的, 和第一个论点有关, 不太适合论点二

Point/Link:

Therefore, ...

Conclusion:

... 自己写

Homework 1 - ARTICLE

完成 P9-12 的 Article

Homework 2 - Summary

- 12 Read the article about a teenager who enjoys geocaching, an activity which involves searching for hidden objects outdoors.

Write a summary about what is good about geocaching.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

Geocaching – searching for hidden treasure the 21st-century way

I used to think there was nothing much to do in the small town where I live. My friends and I would spend our holidays wondering how to fill our time – that is, until we discovered geocaching. Now, geocaching gives me something to do whenever I have some spare time.



So, what is geocaching? It's an outdoor activity which involves looking for small containers, usually plastic boxes, hidden in different locations. You download an app onto your mobile phone and use a map to work out where to find them. It's a bit like a digital treasure hunt!

My teacher introduced our class to geocaching during a school trip to a local forest. We were divided into teams and then we set off, following the directions on our phones. Each team wanted to be first to find the hidden container. Geocaching really helps you notice your surroundings. My team quickly realised from the map that we needed to find a square-shaped rock and we ran off to look for it. Suddenly there it was! We looked all around and soon found the container hidden under a pile of leaves – we were the winners! We all agreed that it's a fun way to exercise outdoors. It can help us to improve our technological skills too.

Back in the classroom, we learned more about geocaching, which started in 2001. It's not just a team activity – you can either do it with other people or alone. Inside every container, there's a notebook which people sometimes leave messages in. Some containers also have small objects in them. If you want, you can exchange the objects for something of your own, which most people like to do.

Geocaching can be done anywhere. Since that first school trip, I've done geocaching at home, and even during holidays in Dubai, New York and Australia. No matter where I do it, I always get a feeling of satisfaction. My boring, small town is now my adventure playground – every week geocaching gives me new places to explore.